

The Flu and Your Family



1 Teach your kids good hygiene — every day

Cover your coughs and sneezes with your elbows and/or use disposable tissue.

Use good hand washing habits and get rest every day.

Parents, you are the best role model for children. Take care of each other and practice good hygiene, together, every day!

2 Keep sick kids at home

When a child goes to school sick they infect classmates at amazing rates.

Sick kids should stay home until they are fever free - at least 24 hours - without the use of fever reducing medications.

Talk with provider if symptoms worsen or if the child has other health conditions putting them at risk for severe complications from Flu.

3 Consider Flu vaccine

Vaccine works best to stop the spread of Flu because when everyone gets vaccinated, germs have no where to go.

Vaccination protects you or anyone around you at high risk for Flu complications (pregnant women, those with asthma, diabetes, respiratory and heart conditions).

Did you know you can spread illness even when you don't feel sick?

Together, we can STOP the spread!

For more information or vaccine locations, please call the Flu Hotline at 1-602-372-3996

